

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM (MB) 45 POWER SCULPT * W/ ERICA <u>*NEW*</u>	7:00 AM (X) 45 BOOTY SCULPT * W/ HALEY	6:30 AM (MB) 45 POWER SCULPT * W/ ERICA	7:00 AM (X) 45 BOOTY SCULPT * W/ GILLIAN <u>*NEW*</u>	6:30 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (X) 45 BOOTY SCULPT * W/ LISA	9:00 AM (MB) 60 ENERGY FLOW YOGA * W/ GABY
8:00 AM (MB) 45 POWER SCULPT * W/ ERICA <u>*NEW*</u>	7:15 AM (MB) 45 PILATES FUSION * W/ LYDIA	7:00 AM (X) 45 COMPETE ELITE * W/ SAM	7:30 AM (MB) 60 POWERFLOW YOGA * W/ MELISSA	7:30 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (MB) 45 PILATES FUSION * W/ WILL	9:00 AM (X) 60 BEAST TRAINING CAMP * W/ SAM
12:00 PM (X) 60 COMPETE ELITE * W/ EBAI	12:00 PM (X) 45 DEFINE * W/ SUSAN	7:30 AM (MB) 60 ENERGY FLOW YOGA * W/ GABY	12:00 PM (X) 45 DEFINE * W/ ERICA	12:00 PM (X) 60 HUSTLE * W/ SAM	10:00 AM (X) 45 BEAST TRAINING CAMP * W/ LISA	10:30 AM (MB) 60 RECOVERY MOBILITY * W/ OLIVIA
1:00 PM (MB) 45 PILATES FUSION * W/ ERICA	5:00 PM (MB) 45 PILATES FUSION * W/ MANDY	12:00 PM (X) 45 MUSCLE DRIP * W/ ERICA	6:00 PM (X) 45 PILATES PUMP * W/ GILLIAN	12:00 PM (MB) 45 PILATES FUSION * W/ ERICA	10:00 AM (MB) 60 ALIGNMENT STRENGTH FLOW * W/ STEVEN	10:30 AM (X) 60 ZUMBA * W/ ODRIS
5:45 PM (MB) 45 SUSPEND & SCULPT * W/ LISA	6:00 PM (MB) 45 PILATES FUSION * W/ MANDY	5:30 PM (X) 45 BOOTY SCULPT * W/ OLIVIA	6:00 PM (MB) 60 ALIGNMENT STRENGTH FLOW * W/ STEVEN	1:15 PM (MB) 60 MIND BODY SOUND * W/ KAREEM	11:00 AM (X) 45 SHRED * W/ EBAI	12:00 PM (MB) 45 POWER SCULPT * W/ GILLIAN
6:00 PM (X) 45 MUSCLE DRIP * W/ DIANA	6:00 PM (X) 45 MUSCLE DRIP * W/ SAM	6:00 PM (MB) 60 PILATES FUSION * W/ KAT	7:00 PM (X) 60 ZUMBA * W/ ODRIS	6:15 PM (X) 45 COMPETE ELITE * W/ KAREN	11:15 AM (MB) 60 POWERFLOW YOGA * W/ MELISSA G.	2:00 PM (MB) 60 VINYASA YOGA * W/ JAMES
7:00 PM (MB) 45 RECOVERY & MOBILITY * W/ JAMES	7:00 PM (X) 45 CORE & MORE * W/ MANDY	6:30 PM (X) 45 MUSCLE DRIP * W/ DIANA	7:15 PM (MB) 60 DYNAMIC STRENGTH FLOW * W/ STEVEN	6:30 PM (MB) 60 PILATES FUSION * W/ GILLIAN <u>*NEW*</u>	1:00 PM (MB) 60 MIND BODY SOUND * W/ KAREEM	
7:00 PM (X) 45 CORE & MORE * W/ OLIVIA	7:30 PM (MB) 60 DYNAMIC STRENGTH FLOW * W/ STEVEN	7:30 PM (MB) 60 STRETCH & FLOW * W/ RIA	8:30 PM (MB) 45 SOUL ALIGNMENT * W/ ROSE <u>*NEW*</u>			
8:00 PM (MB) 60 RESTORTIVE YIN YOGA * W/ JAMES	8:00 PM (X) 60 ZUMBA * W/ ODRIS					

JULY SCHEDULE

SIGN-UP ON THE APP STARTING 25-HOURS PRIOR
MB - MIND & BODY STUDIO
X - MAIN STUDIO

DANCE CLASSES *
STRENGTH CLASSES *
MIND/BODY CLASSES *
STRENGTH CONDITIONING/HIIT CLASSES *